

FT/18(18)/AO/2020

April 18, 2020

**परिपत्र / CIRCULAR**

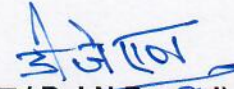
Sub:- Preventive measures to contain the spread of COVID-19 at CSIR-CFTRI

Ref:- (1) CSIR letter No. 5-1(17)/2008-PD dated April 15, 2020.  
(2) Ministry of Home Affairs, GOI letter No. 40-3/2020-DM-I(A) dated April 15, 2020.

In supersession of earlier OM of even number dated April 15, 2020 and in pursuance of the prevention measures issued by Govt. of India/CSIR/Govt. of Karnataka, as Mysuru has been declared as a COVID-19 hotspot by Govt. of India and the restrictions laid down by Mysore City Police Commissionerate, the Institute will remain closed upto May 3, 2020.

However, HoDs/Coordinators will be attending the Institute on need basis. Further, the staff members may kindly note that they should be available through telephone/electronic media for any requirement and they should attend the laboratory / office in exigency (work from home). Staff members should not leave Head Quarters without prior permission.

Measures to be adapted for boosting the immunity / Do's and Don'ts to Stay Safe, Healty are attached.

  
(डी जे एन प्रसाद / D.J.N. Prasad)  
प्रशासनिक अधिकारी  
Administrative Officer

सेवा में / To :

1. Heads of Departments / Resource Centres / Co-ordinators / Sections in General  
Admn./ F&A / S&P
2. Campus Blog

निदेशक / Director, CSIR – CFTRI

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सूचनार्थ / for kind information

## STAY SAFE, HEALTHY

### Measures to be adapted for boosting the immunity

- Drink hot water
- Wash vegetables / fruits with Salt / Baking soda
- Take tea with ginger
- Take milk with 1 / 2 tsp turmeric powder
- Hot water + Half lemon – 1 Glass (Vit C)
- Half TSP Jeera with Warm Water
- Anjeer or Khajoor + 4 soaked Almonds (Vit E)
- Spend time for Yoga / Meditation / Exercise atleast for 30 minutes
- Use Pen / Pencil at ATMs
- Drink 10 – 12 glass of water per day
- Avoid sugar and sweets
- Avoid Fried foods
- Avoid Excess salt
- Use Garlic, Ginger and Onion in cooking

### Do's

- To maintain personal hygiene and physical distancing
- To practice frequent hand washing. Wash hands with soap and water or use alcohol-based hand rub. Wash hands even if they are visibly clean.
- To cover your nose and mouth with handkerchief / tissue while sneezing and coughing.
- To throw used tissues into closed bins immediately after use.
- To maintain a safe distance from persons during interaction, especially with those having flu-like symptoms.
- To sneeze in the inner side of your elbow and not to cough into the palms of your hands.
- To take their temperature regularly and check for respiratory symptoms. To see a doctor if you feel unwell (fever, difficulty in breathing and coughing). While visiting doctor, wear a mask / cloth to cover your mouth and nose.
- For any fever / flu-like signs / symptoms, please call State helpline number or the 24X7 helpline number of the Ministry of Health & Family Welfare at 011-23978046.

### Don'ts

- Shake hands.
- Have a close contact with anyone, if you are experiencing cough and fever.
- Touch your eyes, nose and mouth.
- Sneeze or cough into palms of your hands.
- Spit in Public.
- Travel unnecessarily, particularly to any affected region.
- Participate in large gatherings, including sitting in groups at canteens.
- Visit gyms, clubs, swimming pool and crowded places etc.
- Spread rumors or panic.
- Don't entertain food from outside like Swiggy / Zomato / Dominos etc.

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